

# PHYSICAL EDUCATION

## Program Description

Physical Education is a multi-disciplinary educational experience. These choices include the traditional concentrations in teaching and contemporary choices of fitness, dance or athletic emphasis. Students interested in physical education, dance and athletics are candidates for this program.

Learn more about the program on the [Kinesiology website](#).

## Associate Degree for Transfer

This program also offers an Associate Degree for Transfer. Learn more and review the degree requirements on the [Kinesiology AA-T listing](#).

## Program Learning Outcomes

- The student will complete this program with the ability to communicate the components of a physical education program to their professional staff.
- The student will demonstrate the necessary knowledge, skills, and values of a multi-disciplinary program, which satisfy core requirements for many physical education transfer majors, including the traditional concentrations in teaching and contemporary choices of fitness, dance and athletic emphasis.

## Award Type(s)

- AA = Associate in Arts Degree

## Units Required

- Major: 37-38

## Additional Information

**Note:** Students should review the catalog of the transfer institution of their choice regarding lower division requirements.

## Associate Degree Requirements

Code	Title	Units
<b>English Proficiency</b>		
Select one of the following:		
ENGL 1A	COMPOSITION & READING	5
ENGL 1AH	HONORS COMPOSITION & READING	5
ENGL 1S & ENGL 1T	INTEGRATED COMPOSITION & READING and INTEGRATED COMPOSITION & READING	8
or equivalent		
<b>Mathematics Proficiency</b>		
Select one of the following:		
MATH 105	INTERMEDIATE ALGEBRA	5
MATH 180	QUANTITATIVE REASONING	5

or any MATH course approved for Foothill GE Area V, Communication & Analytical Thinking

A minimum of 90 units is required<sup>1</sup> to include:

- Completion of one of the following general education patterns: Foothill General Education, CSU General Education Breadth

Requirements or the Intersegmental General Education Transfer Curriculum (IGETC)

- Core courses (31-32 units)
- Support courses (6 units)

<sup>1</sup> Additional elective course work may be necessary to meet the 90-unit minimum requirement for the associate degree.

**Note:** All courses pertaining to the major must be taken for a letter grade. In addition, a grade of "C" or better is required for all core and support courses used for the degree.

## Core and Support Courses

Code	Title	Units
<b>Core Courses</b>		
BIOL 10 or BIOL 14	GENERAL BIOLOGY: BASIC PRINCIPLES HUMAN BIOLOGY	5
KINS 1	INTRODUCTION TO KINESIOLOGY	5
KINS 2	SPORT IN SOCIETY	5
KINS 3 or DANC 10	THEORIES & TECHNIQUES OF COACHING SPORTS TOPICS IN DANCE HISTORY	4-5
KINS 4	CONCEPTS OF PHYSICAL FITNESS & WELLNESS	4
KINS 8A I	THEORY & CONCEPTS OF EXERCISE PHYSIOLOGY	5
KINS 16B	EMERGENCY ATHLETIC INJURY CARE	3
<b>Support Courses</b>		
Select six units of any combination of activity courses from:		6
KINS 5	SPORTS & CINEMA	
KINS 10	WOMEN IN SPORTS	
KINS 54	INTRODUCTION TO SPORTS MANAGEMENT	
any Physical Education (PHED) activity course		
any Athletics (ATHL) course		
any Dance (DANC) activity course		
<b>Total Units</b>		<b>37-38</b>

## Elective Courses

These courses are recommended to fulfill the additional elective requirements to reach 90 units for the degree as they augment the major.

Code	Title	Units
BIOL 40A	HUMAN ANATOMY & PHYSIOLOGY I	5
BIOL 40B	HUMAN ANATOMY & PHYSIOLOGY II	5
BIOL 40C	HUMAN ANATOMY & PHYSIOLOGY III	5
CHEM 25 or CHEM 30A	FUNDAMENTALS OF CHEMISTRY SURVEY OF INORGANIC & ORGANIC CHEMISTRY	5
DANC 10	TOPICS IN DANCE HISTORY <sup>1</sup>	5
KINS 9	BASIC NUTRITION FOR SPORTS & FITNESS	5
KINS 15	FIRST AID & CPR/AED	1
KINS 16A	PREVENTION OF ATHLETIC INJURIES	3
KINS 16C	TREATMENT & REHABILITATION OF ATHLETIC INJURIES	3
KINS 51	PERFORMANCE ENHANCING SUBSTANCES IN SPORT & EXERCISE	4
PSYC 1 or PSYC 1H	GENERAL PSYCHOLOGY HONORS GENERAL PSYCHOLOGY	5

2 Physical Education

<sup>1</sup> May be completed only once for credit to satisfy degree requirements.